

NAME \_\_\_\_\_

*Zaner Method*  
*ARM MOVEMENT*  
*Writing*

BY C. P. ZANER

4 PRACTICE BOOK 4

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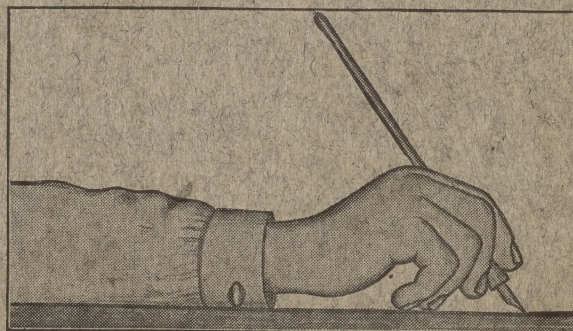
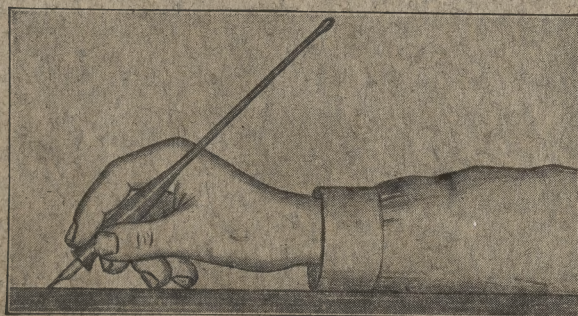
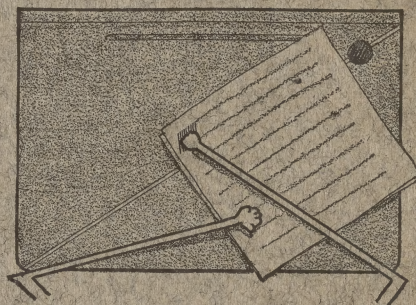
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## POSITION

Sit straight. Keep feet flat on the floor. The elbows are right off edge of desk. Arms rest on muscles in front of elbow. Hand glides on finger nails. Paper is held along left side with the finger tips. Thumb is farther from pen than first finger. Study slant or angle of paper on top of desk. Holder points above shoulder. Wrist does not touch paper.





oooooooooooo oooooo oooooo

oooooooooooo oooooo oooooo

On we move to do our best.



*W W W W W W W W W W*

*w w w w w w w w w w*

*O and A start the same way.*



o o o o o o o o c c c c c c

o o o r r r r r r r r r r r r

Cora can write cocoa nicely



00000 00000 EEEEE

eeeeee r r r eee eeee

Ease and grace are needed.



D D D D O O O O L L L L

d d d d d d d d d d

"D" has a toe as well as a heel



pppp pppp pppp

ppp ppp ppp ppp

Push and pull the paper.



10 10 10 10 10 10 10 10 10 10

11 11 11 11 11 11 11 11 11 11

Ben and Pearl use the arm.



R R R R R R R R R R R R R R R R

r r r r r r r r r r r r r r r r

Run pen across paper freely



ooooooooo 7 7 7 K K K K K K

lllll k k k k k k

K and R end the same way.



llllllllll H H H H H H H H H H

llllllll h h h h h h h h h h

How plain - 1 4 1 6 0 9 7 2 3 1 5 0 8



*nnnn n n n n n n n n*

*nnnn n n n n nnnn*

*Now is the time to improve*



*mmmm m m m m m m m m*

*mmmm m m m m m m m m*

*Move with ease across page.*



U U U U U V V V V V V V V V V

u u u u u v v v v v v v v v v

Verna makes even margins.



U U U U U W W W W W W W W W W W

u u u u u w w w w w w w w w w w

Write with an easy motion.



u u u u u u u u

u u u u u u u

Use the arm in all writing.



my my y y y y y y y y

my y y y y y y y y

You can do it, if you try.



*ff f f f f d d I I l l l*

*u u u u u i i i i p p p p p j j j j j i i i*

*f and l start with a curve.*



oo oo oo x x x x x x x x

s s s s s u u u u u n n n n n x x x x x

x and x touch at the center.



Mmmz Mmmz z z z z z z z z

mmmm z z z z z z z z

Z and Z begin and end alike



0 0 0 0 0 0 0 2 2 2 2

q q q q q q q q q q

In or qu always go together.







o o o o o s s s s s s s s s s s

o o o o o s s s s s s s s s s s

I starts as l and ends as s.

Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q

q q q q q q q q q q q q q q q q

Glide on the finger nails.

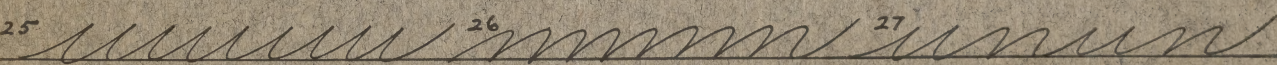
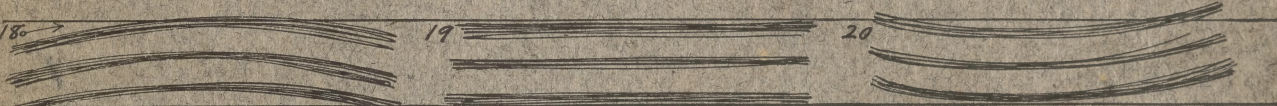
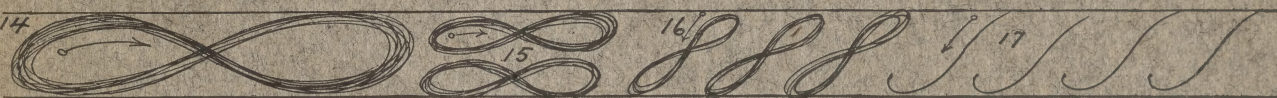
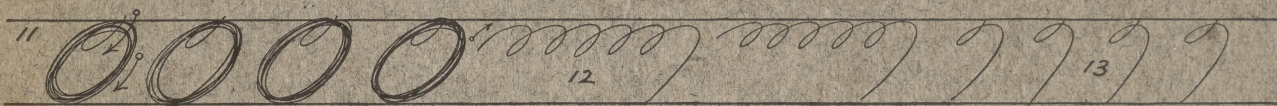
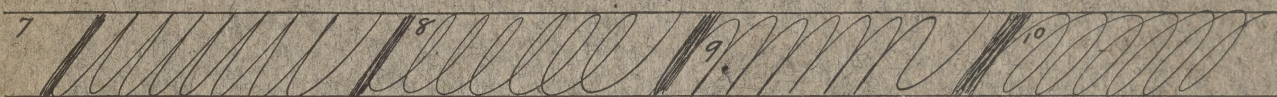


o o o o J J J J J F F F F F

f f f f f f f f f f t t t t t t t t

The Figures are 1 2 3 4 5 6 7 8 9 0







1 4 6 0 9 7 2 3 5 8 — 1 2 3 4 5 6 7 8 9 0  
 i u m m a r w e r o a r s  
 t d p l b h k j y z g q f  
 O A C E D P B R K H N M  
 v w u y j l x z L S G T F  
 r - v n n - l y - O O O O O

The Zaner Method Alphabet  
 a b c d e f g h i j k l m  
 n o p q r s t u v w x y z  
 A B C D E F G H I J K L M  
 N O P Q R S T U V W X Y Z